



# Benefits Newsletter

August 2022



For any Benefits content questions, contact the SRNS Service Center at 5-7772 or via email at the [SERVICE-CENTER@srs.gov](mailto:SERVICE-CENTER@srs.gov).

August 2022 Issue 0048



# August

NOTES:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4 	5	6
7	8	9 	10	11	12	13
14	15	16 	17	18 Benefits and You	19	20
21	22	23	24	25	26	27
28	29	30	31			





## Health and Welfare

# August Is National Breastfeeding Month

*More and more moms are breastfeeding...*



**83%**  
of all babies born in 2015<sup>1</sup> were **ever breastfed** — up from **70%** in 2000<sup>2</sup>



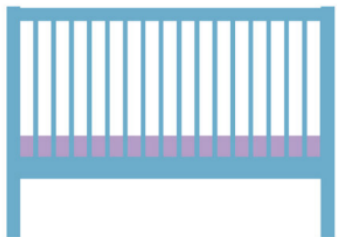
of **African-American** babies born in 2015<sup>1</sup> were **ever breastfed** — up from **47%** in 2000<sup>2</sup>



**58%**  
of all babies born in 2015<sup>1</sup> were **breastfed at 6 months** — up from **35%** in 2000<sup>2</sup>



of **African-American** babies born in 2015<sup>1</sup> were **breastfed at 6 months** — up from **17%** in 2000<sup>2</sup>



*...saving lives...*

Breastfeeding can **reduce the odds** of Sudden Infant Death Syndrome by **50%**<sup>3</sup>

*...and saving money.*

Families who follow optimal breastfeeding practices can **save** between **\$1,200 and \$1,500** on infant formula<sup>4</sup>





## Retirement Services



### Inflation, Volatility and Your Retirement Strategy Webinar

Recent domestic and global events — as well as the current economic inflation — might have you asking how volatility in the financial markets could affect your retirement strategy and future purchasing power. Attend Transamerica's Managing Your Investments Amid Volatility webinar to discover strategies you can use to better prepare you for market uncertainty.

**[REGISTER NOW!](#)**

**Note:** Due to the SRS firewall, this webinar can only be viewed on your personal computer or personal mobile device. Additionally, this webinar is available on multiple dates and times.







## Retirement Services



Prudential

## Prudential Budgeting & Building an Emergency Savings Fund Webinar

Creating a budget is a roadmap to make the most of the money you earn and allows you to be intentional on how much you spend and save. Establishing an emergency savings fund will help you prepare for unexpected expenses or loss of income and help you feel in control of how to spend and save with a purpose.

### **This seminar will cover important topics like these:**

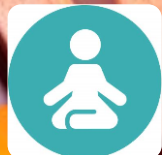
- Taking an in-depth inventory of your finances
- Setting up and fine-tuning your budget
- Finding ways to save more and create an emergency savings fund

The webinar will be available **Thursday, Aug 9, 2022**, [Savannah River Nuclear Solutions' Pathways event calendar page](#)

If you have a questions or concerns, please contact [Pathways@Prudential.com](mailto:Pathways@Prudential.com) or (844) 592-8993.

**Note:** Participation in these webinars requires your manager's consent. Time used for the webinars are not to be recorded as overtime/additional hours. If you are unable to participate in the webinars, please be assured the content may be provided again at a later date or it may be uploaded to InSite the week following the provided dates.





Wellness

# Onsite Biometric Screenings

## Included in Each Checkup

- Total Cholesterol
- HDL
- LDL
- Triglycerides
- Glucose
- A1c (for known diabetics)
- ALT and AST (Liver Tests)
- Abdominal Circumference
- BMI (height/weight)
- One-on-One Video Consult with Nurse Practitioner
- Access to a Secure Patient Portal to view:
  - Comprehensive Personal Health Report
  - Personal Action Plan
  - History of Past Results



**Catapult**  
HEALTH

Date	Time	Location
8/15 (Mon)	10 a.m. - 2 p.m.	703-41A (Ellenton Room)
8/16 (Tue)	8 a.m. - 1 p.m.	704-N (Conf. Room A)
8/17 (Wed)	8 a.m. - 1 p.m.	706-5F (Room 109/Break Room)
8/18 (Thu)	8 a.m. - 1 p.m.	742-19G (Room 6)

[www.TimeConfirm.com/SRS](http://www.TimeConfirm.com/SRS)

**FREE**  
**ON-SITE**  
**HEALTH**  
**CHECKUPS**





## Benefits Spotlight

# Reminder: AFLAC \$50 Benefits

Don't forget about your Aflac Wellness screening, if you're enrolled in one of the plans!!

To file a claim, simply visit [www.aflacgroupinsurance.com](http://www.aflacgroupinsurance.com) and click on Customer Service then File a Claim. Here you may file a claim online, or you may obtain the appropriate claim form.

Remember! The Accident plan has a **\$50 Wellness Benefit**, and the Critical Illness plan has a **\$50 Health Screening Benefit**. These screenings can be reported starting 1/1/2020.

### TESTS COVERED UNDER ACCIDENT PLAN ONLY

- Eye Examination
- Immunization
- Vision Screening
- Annual Physical Exam

### TESTS COVERED UNDER CRITICAL ILLNESS PLAN ONLY

- Breast Ultrasound
- Chest X-ray
- Colonoscopy
- Hemocult Stool Analysis
- Skin Cancer Screening
- Stress Test (Bicycle or Treadmill)
- Thermography

### TESTS COVERED UNDER BOTH PLANS

- Biometric Testing
- Blood Screening
- Blood Test for Triglycerides
- Bone Marrow Testing
- CA 125 (Blood Test for Ovarian Cancer)
- CA 15-3 (Blood Test for Breast Cancer)
- CEA (Blood Test for Colon Cancer)
- Fasting Blood Glucose Test
- Flexible Sigmoidoscopy
- HIV (Human Immunodeficiency)
- HPV (Human Papillomavirus)
- Mammography
- PAP Smear
- PSA (Blood Test for Prostate Cancer)
- Serum Cholesterol Test (HDL and LDL)
- Serum Protein Electrophoresis (Myeloma)
- Ultrasound

Any questions can be directed to Aflac at: 1-800-433-3036 or [www.aflacgroupinsurance.com](http://www.aflacgroupinsurance.com).

